FAT. THE GOOD, THE BAD, AND THE UGLY._

BEING HEALTHY SHOULDN'T BE THIS HARD.

THE PURPOSE OF FAT

TO NAME A FEW:

- PROMOTE CELLULAR HEALTH
- STORE ENERGY
- INSULATE THE BODY
- PROTECT VITAL ORGANS
- HELPS ABSORB SPECIFIC VITAMINS

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THE PROBLEM

FAT HAS BECOME DEMONIZED OVER THE YEARS AND EVEN TURNED INTO A CONTROVERSIAL TOPIC TALKED ABOUT IN THE FITNESS INDUSTRY

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THE PROBLEM (CONT.)

ON ONE END OF THE SPECTRUM, IT'S BEEN LABELED IN THE PAST AS SOMETHING THAT CAN ATTRIBUTE TO WEIGHT GAIN, WHICH IS WHY DIET CULTURE CAN BE SO HARMFUL. IF WE DON'T CONSUME FAT, WE PUT OURSELVES IN A PLACE TO EXPERIENCE HEALTH ISSUES SUCH AS ENERGY DEPLETION, IRREGULAR BLOOD SUGAR LEVELS, AND EVEN COMPLICATIONS WITH SKIN HEALTH.

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THE PROBLEM (CONT.)

ON THE OTHER END OF THE SPECTRUM, IF CONSUMED IN LARGE AMOUNTS WE CAN BE PREDISPOSED TO HEART DISEASE, DIABETES, AND OTHER HEALTH ISSUES. FAT IS MORE "ENERGY DENSE", MEANING IT HAS MORE CALORIES PER GRAM, WHICH IS WHY WE HAVE TO BE AWARE OF HOW MUCH OF IT WE CONSUME DAILY.

THINK: MORE CALORIES IN + LESS CALORIES BURNED → WEIGHT GAIN OVER TIME

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THE GOAL

WE HAVE TO BECOME MORE AWARE OF OUR HABITS & LEARN TO MANAGE OUR FAT INTAKE/FAT PERCENTAGE SO WE CAN FUNCTION AND PERFORM WELL FOR LIFE.

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THE FACTS

RECOMMENDED FATS:

(POLY- & MONO-) UNSATURATED FATS:

THINK *LIQUID AT ROOM TEMPERATURE*

POSSIBLE SOURCES: AVOCADOS, NUTS, OLIVE OIL, FISH, SEEDS, ETC.

LESS RECOMMENDED FATS:

SATURATED FATS (& AVOID TRANS FATS):

THINK *SOLID AT ROOM TEMPERATURE*

POSSIBLE SOURCES: BUTTER, DAIRY PRODUCTS, ANIMAL FAT, BAKED GOODS, ETC.

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BIG PICTURE

JUST THINK HDL & LDL LEVELS

YOU WANT:

HDL (HIGH-DENSITY LIPOPROTEIN) ↑

LDL (LOW-DENSITY LIPOPROTEIN) ↓

SATURATED FATS & TRANS FATS CAN INCREASE LDL.

WHY IS THIS BAD? CHOLESTEROL.
HIGH LDL LEVELS INCREASE CHANCES OF BUILD-UP IN ARTERIES (CAN LEAD TO HEART DISEASE/HEART ATTACK).

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THE RECOMMENDATION

THE AHA
STATES THE FOLLOWING:

"FOR PEOPLE WHO NEED TO LOWER THEIR CHOLESTEROL, THE AMERICAN HEART ASSOCIATION RECOMMENDS REDUCING SATURATED FAT TO LESS THAN 6% OF TOTAL DAILY CALORIES. FOR SOMEONE EATING 2,000 CALORIES A DAY, THAT'S ABOUT 11 TO 13 GRAMS OF SATURATED FAT."

- AMERICAN HEART ASSOCIATION

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